
Subject: Re: Crying

Posted by [Dave Anderson](#) on Wed, 11 Nov 2009 10:30:35 GMT

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I do not cry. Ask anyone who knows me: parents, siblings, friends. I simply do not and have not cried in the past 5 years or so. (I'm 19). My motto? If something bad happens, deal with it. Suck it up and move on. I do not cry when someone dies, I do not cry when something bad happens. This is my personality.

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But the reality of it is, anyone who has this personality (seems like your friend), simply, is lying. I bottle everything up, all the time. I never talk about my problems, but I am also one of the most outgoing and happy individuals anyone knows. What they don't know is that when I turn my back, I'm not that same individual. It's a pretty great facade to a couple things that have happened to me in the past.

Your friend, may be the same way, I don't know. All I know is people with a similar personality usually tend to work things out on their own, and are better left alone. If people try to tell me how to handle my emotions/life, I basically tell them to get the hell away from me (in a nice manner of course, but that's how I mean it).

When I do lose it: It's bad. Run. Luckily, these things never happen. I usually just brush everything off.

I agree with some people here though. Bottling things up over the years, I think I have lost the ability to express certain emotions. I don't feel sympathy/empathy for people who have lost loved ones, when something bad happens to them, or anything really. I don't know why, honestly.

The good part is in the past year or so I've gotten over those couple of things that had bothered me so much, so I'm not really that way anymore.

Depression is a bad thing, and I spent a lot of money on repairing things I broke from losing my temper/cool. It wasn't fun - at all -
